

## MAJOR FOODBORNE ILLNESSES

DISEASE	PATHOGEN	INCUBATION PERIOD/ MEAN	DURATION OF ILLNESS	SYMPTOMS	FOODS IMPLICATED	TYPE OF ILLNESS	RESERVOIR
<b><u>Salmonellosis</u></b>	<i>Salmonella</i> (facultative) BACTERIA	8-72 hours  18-36 hours	2-3 days	Abdominal pain, Headache, fever, nausea, diarrhea, chills, cramps	Poultry, eggs, meat, meat products, milk, smoked fish, protein foods, juice	Infection	Domestic and wild animals, humans
<b><u>Shigellosis</u></b>	<i>Shigella</i> (facultative) BACTERIA	1-7 days  1-3 days	Indefinite	Diarrhea, fever, chills, cramps, lassitude, nausea, dehydration	Moist, mixed foods, milk, potato, tuna, bean, and macaroni salads, apple cider	Infection	Human feces, flies
<b><u>Listeriosis</u></b>	<i>Listeria monocytogenes</i> BACTERIA	2 days – 3 weeks  4-21 days	Indefinite; high fatality in the immuno-compromised	Nausea, vomiting, chills, headache, fever, backache, meningitis	Unpasteurized dairy foods, vegetables, meat, poultry, seafood, raw and smoked fish, ready-to-eat foods	Infection	Domestic and wild animals, humans, soil
<b><u>Staphylococcus</u></b>	<i>Staphylococcus aureus</i> BACTERIA	1-6 hours  2-4 hours	1-2 days	Nausea, cramps, vomiting, dehydration	Reheated foods, ham, poultry, dairy foods, custards, potato salad, cream-filled foods	Intoxication	Humans (skin, throat, nose), animals
<b><u>Clostridium perfringens</u></b>	<i>Clostridium perfringens</i> BACTERIA	8-22 hours  10 hours	24 hours	Abdominal pain, diarrhea, gas	Meat, meat products, gravy, thick foods that are held at a low temp or cooled slowly	Infection/ Intoxication	Human intestinal tract, animals, soil
<b><u>Bacillus cereus</u></b>	<i>Bacillus cereus</i> BACTERIA	½ - 5 hours; 8-16 hours  ½ -5 hrs; 12 hrs	6-24 hours; 12 hours	Nausea and vomiting; Diarrhea, abdominal cramps	Rice, custards, seasonings, dry food mixes, spices, salads, casseroles, milk, sauces, meats	Intoxication	Soil, dust

<b><u>Campylobacter</u></b>	<i>Campylobacter jejuni</i> BACTERIA	2-5 days	5-7 days 3-5 days	Diarrhea which may be watery or bloody, fever, nausea, headache	Chicken, unpasteurized milk, water	Infection	Domestic and wild animals (intestinal tract)
<b><u>E. coli 0157:H7</u></b>	<i>Escherichia coli</i> BACTERIA	2-5 days	5-10 days 2-5 days	Diarrhea (may be bloody), abdominal pain, nausea, vomiting, fever, HUS	Undercooked ground beef, imported cheeses, unpasteurized milk or juice, cider, alfalfa sprouts	Infection/ Intoxication	Human intestinal tract, animals (especially cattle)
<b><u>Botulism</u></b>	<i>Clostridium botulinum</i> BACTERIA	12-36 hours; 72 or more hours	Several days – year 18-36 hours	Vertigo, inability to swallow, respiratory paralysis, visual disturbances	Improperly processed low-acid canned goods, garlic in oil, grilled onions, meat, stew, baked potatoes	Intoxication	Soil, water
<b><u>Viral Gastroenteritis</u></b>	Norwalk, Snow Mountain, calicivirus VIRUS	24-48 hours	24-60 hours 36 hours	Nausea, vomiting, diarrhea, abdominal pain, headache	Water, ready-to-eat foods (salad, sandwiches, bread) shellfish	N/A	Human intestinal tract
<b><u>Hepatitis A</u></b>	Hepatitis A VIRUS	7-50 days	Several weeks to months 25-30 days	Fever, fatigue, stomach pain, nausea, dark urine, jaundice	Ready-to-eat foods, fruit and juice, milk products, shellfish, salads, vegetables, sandwiches, water	N/A	Infected people